

Psychedelic Microdosing

Microdosing is a popular practice where people self-administer a small amount of a psychedelic every few days to boost their energy, creativity, and cognition. The hope is that by using doses that are too small to create a hallucinogenic trip, people will gain some of the benefits of psychedelics while avoiding the risks of long-term use.

If this practice has any benefits, research has not detected them. Microdosing failed to enhance creativity, reduce anxiety, or bring about any other psychological effects in animal studies and four controlled trials involving normal subjects, including a large trial where microdosing enthusiasts were instructed to “self-blind” themselves with a placebo at home (Szigeti B et al, *eLife* 2021;10:e62878; Cavanna F et al, *Transl Psychiatry* 2022;12(1):307).

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